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LIFE SPAN

For many years, the Institute has searched for a proper and accurate description of the underlying purpose behind our various activities. A word or phrase that would tell it all, that would "fit" everything we do.

We found it, finally. LIFE SPAN.

As you know, most of our work has centered around the discovery, exploration and understanding of who and what we really are. Many thousands have found just how much more they are than a mere physical body, among other significant Knowns. Most important, each learned a means of self-direction and control as a result of the process.

Along the way, we introduced special methods and techniques as the need arose. Such as effective ways to get to sleep without drugs, stress-tension reduction, stroke recovery, an Emergency Series for surgery, injury and illness, to name a few. By far the greatest, most widely and successfully used has been the in-home learning series, HUMAN PLUS, commonly called H+. Many more thousands who have never attended an Institute program seminar have learned vital self-control of mind, body and emotion over the past five years through H+ exercises.

In view of the growing turmoil and confusion in our physical world, LIFE SPAN will provide an all-encompassing structure that will help any individual exist and grow under such massive changes. It is far more than simply a survival kit. It can be termed a new way of being and knowing. Perhaps truly a new kind of human, where one is totally in control of one's self.

LIFE SPAN could have these sub-headings:

- A System of Planned Self-Evolution
- From Before to Beyond
- Pre-Cradle to Post-Grave

All of what we are now and what we are doing does indeed fit the label, and will be presented as the basis of the new structure. The GATEWAY program, both at the Center and in-home, will remain one of the basics. GUIDELINES already offers an exploration of the Before (pre-cradle). LIFELINE does the same with the Beyond (post-grave). In the days and months to come, other exercises will fill in the rest under the supervision of those experienced in such life periods. These will include a Conception series, pregnancy training, birth and delivery, infant training for both baby and parents, childhood at various stages, adolescence development, special adulthood needs, and a Star System when a point of departure is imminent. All designed for self control.

To begin officially, we are introducing another Basic:

LIFE SPAN 2000

This is a new program at the Institute Center which may be one of the most intense learning systems ever offered. In only six days, over 50 methods of personal control are installed in the mind-set of the participant. These can be recalled and utilized at will, not only during the program, but in the days, months and years following as needed.

Included is the entire library of the HUMAN PLUS exercises listed in the current Catalog. Thus such catalog listings offer a detailed description of what can be achieved. Many if not all of such functions will be in common use by the participant at the completion of the Program. Exactly how many will depend upon the individual. Each will likely develop those needed most.

Also, specific new functional learning patterns have been added to supply other potentials that may be needed. These include manipulation of non-physical energies in unique and unconventional ways. Other learning methods will be means to access areas of self not ordinarily available to waking awareness for accurate decision-making.

Thus, the purpose of LIFE SPAN 2000 is to provide means and methods for the human mind-body to live progressively and constructively in a rapidly changing world environment, and assist profoundly in adaptation to such changes, whatever they may be.

Among many others, LIFE SPAN 2000 helps you learn to:

- Willfully take charge and relax under stress-evoking situations.
- Think more clearly and faster, remember and recall in detail, and to express vocally and smoothly to others.
- Increase physical activity capability, perform faster, with greater accuracy, strength, and endurance.
- Maintain your physical self, including repair and healing, easing discomfort, detoxification, and body regeneration.
- Control mind and body habituation, from caloric food consumption to convictions that are self-limiting.
- Direct, enhance or retrain emotional patterns to more constructive energy applications.
- Perceive understanding and appreciation of others through empathy and new awareness produced by LIFE SPAN.
- Effect total control of the sleep state, including going to sleep when desired and under adverse environments, staying awake, taking "catnaps", getting maximum restorative and recuperative results during sleep, and setting up programs for specific dreaming.

- Establish contact and communication with the entire Self so as to gather information and intuitive patterns as may be needed for personal decision-making.
- Gather and modulate personal energy to affect, perceive, manipulate, and control external material and energy structures.

Previous training in LIFE SPAN or Monroe Institute Hemi-Sync systems is not required. However, a participant must be eighteen years of age or older except for special circumstances, to attend LIFE SPAN 2000. Other LIFE SPAN learning systems are in development for earlier ages. The Program is an educational process, and offers neither psychotherapy nor medical diagnosis and treatment.

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Thus LIFE SPAN begins a new era of Institute direction and activity. If you are interested in becoming a part of LIFE SPAN, either as a participant or to assist in the development of some of the new areas, do get in touch with us.

It can be very exciting - and we will need much help!